

Our core values

Show consideration for everyone's grief

Our common thread is that we have experienced the death of a precious son or daughter

Provide a safe, comfortable place

Where you can simply listen or be listened to

Individuality of grief

There are no road maps, everyone copes in their own unique way

There are no quick solutions

We are here to offer support to each other, rather than tell one another what to do

Respect people

Of any or no religious/spiritual beliefs across all communities in Northern Ireland

Confidentiality

What we talk about is confidential unless it indicates someone is at risk of harm

What does Anam Cara mean?

Anam Cara is an old gaelic phrase meaning Soul Friend - the person who truly understands you.

Anam Cara means that bereaved parents and families have access to the necessary support services & resources they may need after the tragic death of their child.

There is comfort in knowing that you are not alone, that other families are dealing with the same tragedy, that someone does understand.

If you or someone you know is affected by the death of a son or daughter, Anam Cara is here to provide support and information. Please contact us to find out about Anam Cara Northern Ireland events and other organisations that offer bereavement support in your area.

Anam Cara's videos and information booklets cover different aspects of parental grief such as A Dad's Grief or Coping with Sudden Death. They can be viewed on our website or ordered by contacting Anam Cara.



Supporting Parents after Bereavement

Thomas House,
14-16 James Street South,
Belfast, BT2 7GA

Email: info@anamcarani.co.uk
Web: www.anamcarani.co.uk

**Information
Telephone Number:**

NI 028 9521 3120

Find us:



www.anamcarani.co.uk

Anam Cara Parental and Sibling Bereavement Northern Ireland Limited
Registered in Northern Ireland Company Number NI 650439



Supporting parents
after bereavement



What is Anam Cara?

In Northern Ireland each year about 730 families experience the death of a son or daughter. For some families the death may have been expected through illness or a life limiting condition. For others, it was unexpected through stillbirth, an accident, suicide, SADS or a road traffic collision.

Anam Cara Northern Ireland is part of an all island organisation founded by bereaved parents. We provide a range of bereavement support services. More importantly we offer peer support and understanding to families who have experienced the death of a child.

Anam Cara's online and face to face services are available to all parents regardless of age or circumstances of their child's death and are available for as long as they are needed.

At Anam Cara Northern Ireland we focus on the similarities of our loss rather than the differences and have found a level of support and understanding that others cannot offer. What unites us is that we are all bereaved parents.

What does Anam Cara offer?

Parent evenings

We offer monthly parent evenings for mothers and fathers, giving you an opportunity to meet other bereaved parents in a safe and comfortable environment.

Information from professionals

Our Bereavement Information talks give you a chance to access relevant information about the grief and challenges parents face after the death of a child.

Remembering your child

We hold remembrance events so that your family can commemorate your child's life in a special way.

Our online support includes our:

Website,
social media networks,
links to other support agencies and
professional organisations.

Family events

Our family events allow all members of your family time out to meet others who are on a similar journey.

Videos and booklets

We have videos and information booklets developed for bereaved parents by bereaved parents.

How can Anam Cara help?

The devastation families experience after the death of their child often leads to feelings of isolation, despair and loneliness.

Anam Cara provides a range of online and face-to-face bereavement services. By bringing together bereaved parents to support and comfort each other, Anam Cara Northern Ireland plays a valuable role in helping parents 'journey on' after the death of their child.

Anam Cara support groups provide parents a safe, comfortable environment where they have the opportunity to connect with other bereaved parents. Meeting with parents a little further on in their journey gives newly bereaved parents some hope that in time, they too will find ways to cope with the intense grief and sense of loss.

Although Anam Cara does not provide one-to-one bereavement counselling, parents do have access to bereavement professionals through all our face-to-face services.

